How Many Calories in a Breast of Grilled Chicken? Complete Nutrition Guide for Healthy Eating

Grilled chicken breast is one of the healthiest protein choices available. As a nutritionist, one of the most common questions I receive is, **How many calories in a breast of grilled chicken?** People who are trying to lose weight, build muscle, or simply eat healthier often choose grilled chicken because it is naturally high in protein and low in fat. The good news is that grilled chicken breast fits well into almost any healthy eating plan.

Knowing the calorie content and nutritional value of grilled chicken breast can help you make informed meal choices and stay on track with your health goals.

How Many Calories in a Breast of Grilled Chicken?

The number of calories depends on the size of the chicken breast. A plain, skinless grilled chicken breast contains approximately:

- 100 grams: 165 calories
- 3-ounce serving (85 grams): About 140 calories
- Small chicken breast (120 grams): Around 198 calories
- Medium chicken breast (150 grams): Around 248 calories
- Large chicken breast (200 grams): Around 330 calories

These values apply to chicken that is grilled without breading, butter, or sugary sauces. If oil, marinades, or barbecue sauce are added, the calorie count will increase.

Grilled Chicken Breast Nutrition Facts

Grilled chicken breast is not only low in calories but also packed with essential nutrients. A cooked 100-gram serving typically contains:

- Calories: 165
- Protein: 31 grams
- Total Fat: 3.6 grams

- Saturated Fat: 1 gram
- Carbohydrates: 0 grams
- Cholesterol: 85 mg
- Sodium: Approximately 74 mg
- Potassium: Around 256 mg

This nutrient profile makes grilled chicken breast one of the best lean protein foods for people of all ages.

Why Nutritionists Recommend Grilled Chicken

From my experience as a nutritionist, grilled chicken breast is an excellent choice because it provides complete protein without unnecessary calories. Protein is essential for muscle repair, tissue growth, hormone production, immune function, and maintaining healthy metabolism.

Many of my clients find that meals containing grilled chicken keep them feeling full for longer. This helps reduce cravings and supports healthy portion control throughout the day.

Because grilled chicken contains all nine essential amino acids, it is particularly beneficial for athletes, active individuals, and anyone trying to maintain lean muscle mass.

Is Grilled Chicken Good for Weight Loss?

Yes. Grilled chicken breast is one of the most effective foods for weight management. It delivers a high amount of protein while remaining low in calories and fat, making it easier to create satisfying meals without exceeding your daily calorie goals.

For balanced nutrition, I often recommend serving grilled chicken breast with:

- Brown rice
- Quinoa
- Sweet potatoes
- Steamed broccoli
- Mixed green salads
- Roasted vegetables

These foods provide fiber, vitamins, minerals, and complex carbohydrates that help maintain energy levels and improve digestion.

Essential Vitamins and Minerals

Grilled chicken breast also supplies several important nutrients that support overall wellness.

These include:

- Vitamin B3 (Niacin), which helps convert food into energy.
- Vitamin B6, essential for brain function and metabolism.
- Selenium, an antioxidant that supports immune health.
- Phosphorus, which helps maintain healthy bones and teeth.
- Potassium, important for muscle contractions and heart health.

These nutrients make grilled chicken breast a valuable part of a balanced diet.

Healthy Cooking Tips

To keep grilled chicken breast healthy and flavorful, follow these simple tips:

- Remove the skin before grilling.
- Use herbs, garlic, paprika, rosemary, thyme, or black pepper for seasoning.
- Marinate with lemon juice or low-fat yogurt instead of sugary sauces.
- Avoid excessive oil or butter.
- Cook until the internal temperature reaches 165°F (74°C) for food safety.

These methods help preserve the natural nutritional value while enhancing taste.

Healthy Meal Ideas

Grilled chicken breast is easy to include in everyday meals. Some healthy options include:

- Grilled chicken salad with avocado
- Chicken breast with brown rice and vegetables
- Whole wheat chicken wraps
- Chicken quinoa bowls
- Grilled chicken with roasted sweet potatoes
- Vegetable stir-fry topped with sliced grilled chicken

Preparing grilled chicken in advance is also a great meal prep strategy for busy schedules.

Final Thoughts

If you've been asking how many calories in a breast of grilled chicken, the answer depends on the serving size, but a cooked, skinless grilled chicken breast contains about 165 calories per 100 grams. It also provides approximately 31 grams of high-quality protein, making it one of the healthiest lean protein options available.

As a nutritionist, I recommend grilled chicken breast for anyone looking to lose weight, build muscle, or improve their overall diet. When paired with vegetables, whole grains, and healthy fats, it creates balanced meals that support long-term health, sustained energy, and better fitness results. Choosing grilled chicken regularly is a simple yet effective step toward healthier eating habits.